

**UNITED STATES NATIONAL ARCHERY ASSOCIATION  
FLIGHT COMMITTEE**

**STANDARD RECURVE FLIGHT RULES**

- A. **Standard Recurve Bows:** Are of the type that are normally used for hunting purposes, field and target events. **Forward handles are not allowed.**

**Three (3) Divisions of Standard Recurve Flight Bows are recognized:**

- 1. Standard Recurve Field Bow Flight**
- 2. Standard Recurve Target Bow Flight**
- 3. Standard Recurve Broadhead Flight**

**STANDARD RECURVE FIELD BOW FLIGHT**

- B. **Overdraws:** Overdraws are not allowed.
- C. **Recurve Field Bow Flight Draw And Release Methods:** **Fingers only,** which may be protected by a shooting glove or tab. **No release aids of any type are allowed.**
- D. **Weight Classes:**  
**MEN** - 35 pound bows and under, 50 pound bows and under. 70 pound bows and under. Unlimited weight class bows.  
**WOMEN** - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.  
**JUNIORS** (15-16-17 yrs.) - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.  
**INTERMEDIATES** (12-13-14 yrs.) - 35 pound bows and under. 50 pound bows and under. Unlimited weight class bows.  
**CADETS** - (11 Yrs.. and under) - 35 pound bows and under.
- E. **Cross Entering:** Recurve Flight Bows shall not be entered in competition with Regular Flight Bows.
- F. **Weighing In Requirements:** The position at the arrow shelf, arrow rest or track where the **Regular Field Bow Flight Arrow Point** falls off or can no longer be drawn shall be used to determine the "**full draw**" weight of the bow when used for **Regular Field Bow Flight Competition.**
- G. The maximum **Regular Field Flight Bow weight** is determined by drawing the bow at it's full draw, coincident with the stipulations shown in item "F" above, the length of the contestant's **longest** flight arrow measured from the floor of the nock to the point of the arrow.
- H. Weight of bow and class shall be recorded on a label affixed to the bow by the contest board.

## Recurve Flight Rules

### Field Bow

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- I. The minimum length of a Field Bow being used In U.S. National Archery Association Field Bow Flight Classes will be 52 inches for Men and Women and Juveniles following the United States N.A.A. Flight Committee method of measurement shown below:



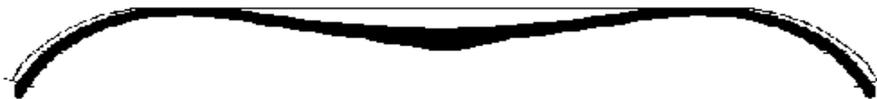
Target and Field bows will be measured on the **Belly** per the sketch above. **A steel tape will follow the curvature of the bow at the tips, measured straight across from imaginary lines intersecting the nock grooves on the belly.** The steel tape *will not* follow the curvature at the handle riser.

A one (1) inch bow length measurement tolerance will be allowed for Recurve Target Flight and Recurve Field Flight Bows.

- J. The Maximum depth or width of a Recurve Field Bow Arrow Shelf used for Regular Field Flight Competition shall not exceed three (3) inches. "Keyhole" Target Bows are not allowed.
- K. Variable tillering adjustment mechanisms shall be sealed by the contest board at the time of qualifying. Breakage of this seal without notifying the contest board shall constitute disqualification. Bows may be re-qualified prior to shooting should this seal be accidentally broken.
- L. Each competitor must be at least two meters (2.19 yards) from the next competitor on the shooting line. Except for the Footbow Class, competitors shall shoot from a standing position. All Competitors will shoot with both feet behind the base line or shooting line.
- M. **Recurve Field Bow Regular Flight Arrows:**
1. Six arrows shall constitute an end.
  2. Target or Field arrows only are allowed
  3. The contestant's name must be inscribed on each arrow.
  4. A non duplicated serial number must be inscribed on each arrow.
  5. A stamp or code mark indicating the class entered must be inscribed on each arrow by the contest board.
  6. Fletching shall consist of either feathers or vanes.
  7. Vanes shall be those provided commercially. Vanes Cannot be altered.
  8. For safety considerations, Nocks may be constructed of metal.

**STANDARD RECURVE TARGET BOW FLIGHT**

- A. **Overdraws:** Overdraws are not allowed.
- B. **Recurve Target Bow Flight Draw And Release Methods: Fingers only,** which may be protected by a shooting glove or tab. **No release aids of any type are allowed.**
- C. **Weight Classes:**  
**MEN** - 35 pound bows and under, 50 pound bows and under.  
**WOMEN** - 35 pound bows and under.  
**JUNIORS** (15-16-17 yrs.) - 35 pound bows and under  
**INTERMEDIATES** (12-13-14 yrs.)- 35 pound bows and under. **CADETS** - (11 Yrs.. and under) - 35 pound bows and under.
- D. **Cross Entering:** Recurve Flight Bows shall not be entered in competition with Regular Flight Bows.
- E. **Weighing In Requirements:** The position at the arrow shelf, arrow rest or track where the **Regular Target Bow Flight Arrow Point** falls off or can no longer be drawn shall be used to determine the "full draw" weight of the bow when used for **Regular Target Bow Flight Competition.**
- F. The maximum **Regular Target Bow weight** is determined by drawing the bow at it's full draw, coincident with the stipulations shown in item "E" above, the length of the contestant's longest flight arrow measured from the floor of the nock to the tip of the point.
- G. Weight of bow and class shall be recorded on a label affixed to the bow by the contest board.
- H. The minimum length of a Target Bow being used In U.S. National Archery Association Target Bow Flight Classes will be 64 inches for Men and Women, Intermediates and Juniors. The minimum length for Cadets will be 54 inches following the United States N.A.A. Flight Committee method of measurement shown below:



Target and Field bows will be measured on the **Belly** per the sketch above. **A steel tape will follow the curvature of the bow at the tips, measured straight across from imaginary lines intersecting the nock grooves on the belly.**

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Target Bows  
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The steel tape will not follow the curvature at the handle riser. A one (1) inch bow length measurement tolerance will be allowed for Recurve Target Flight and Recurve Field Flight Bows.

- I. The Maximum depth or width of a Recurve Target Bow Arrow Shelf used for Regular Flight Competition shall not exceed three (3) inches. "Keyhole" Target Bows are not allowed.
- J. The maximum handle riser length of the Recurve Target Flight Bow shall not exceed 26 inches. The minimum flat sight window surface shall not be less than 6 inches in height or length.
- K. Variable tillering adjustment mechanisms shall be sealed by the contest board at the time of qualifying. Breakage of this seal without notifying the contest board shall constitute disqualification. Bows may be re-qualified prior to shooting should this seal be accidentally broken.
- L. Each competitor must be at least two meters (2.19 yards) from the next competitor on the shooting line. Except for the Footbow Class, competitors shall shoot from a standing position with both feet behind the base line or shooting line.
- M. **Recurve Target Bow Regular Flight Arrows:**
  1. Six arrows shall constitute an end.
  2. Target or Field arrows only are allowed
  3. The contestant's name must be inscribed on each arrow.
  4. A non duplicated serial number must be inscribed on each arrow.
  5. A stamp or code mark indicating the class entered must be inscribed on each arrow by the contest board.
  6. Fletching shall consist of either feathers or vanes.
  7. Vanes shall be those provided commercially. Vanes Cannot be altered.
  8. For safety considerations, Nocks may be constructed of metal.
- N. **Safety: EQUIPMENT DEEMED UNSAFE BY THE CONTEST BOARD WILL BE DISALLOWED!!**

### **STANDARD RECURVE BROADHEAD FLIGHT**

- A. **Overdraws:** Overdraws are allowed. No overdraws will be allowed permitting the arrow to be drawn farther back than the brace height of the bow.
- B. **Recurve Bow Broadhead Flight Draw And Release Methods:** *Mechanical* drawing and release aids are illegal. Flight release aids (flippers, hooks) must be held in the hand. No attachments or anchor above the wrist will be allowed other than a shooting glove strap.
- C. **Weight Classes:**  
**MEN** - 50 pound bows and under. 70 pound bows and under. Unlimited weight class bows.  
**WOMEN** - 50 pound bows and under. Unlimited weight class bows.  
**JUNIORS** (15-16-17 yrs.) - 50 pound bows and under. Unlimited weight class bows.  
**INTERMEDIATES** (12-13-14 yrs.) - 50 pound bows and under. Unlimited weight class bows.  
**CADETS Broadhead Flight is not allowed.** \*
- D. **Weighing In Requirements:** The position at the arrow shelf, arrow track or arrow rest where the **Broadhead Arrow Point** stops, falls off or can no longer be drawn, shall be used to determine the "**full draw**" weight of the bow when used for **Standard Recurve Bow Broadhead Flight Competition.**
- E. The maximum **Broadhead Flight Recurve Bow weight** is determined by drawing the bow at it's full draw, the length of the contestant's longest broadhead arrow measured from the floor of the nock to the point (area) on the Broadhead coincident with the stipulations shown in item "D" above, e.g., Where the back edge of the Blade may stop at the back of the bow, where the ferrule and blade may wedge into the rest, where the point may fall from the rest or track.
- F. Variable tillering adjustment mechanisms shall be sealed by the contest board at the time of qualifying. Breakage of this seal without notifying the contest board shall constitute disqualification. Bows may be re-qualified prior to shooting should this seal be accidentally broken.

G. **Recurve Bow Broadhead Flight Arrows:**

1. Six arrows shall constitute an end.
2. The contestant's name must be inscribed on each arrow.
3. A non duplicated serial number must be inscribed on each arrow.
4. A stamp or code mark indicating the class entered must be inscribed on each arrow by the contest board.
5. Total weight of the arrow and broadhead combined shall not be less than 450 grains for Men, 400 grains for Women, Intermediates and Juniors.
6. Fletching shall consist of either feathers or vanes. The total combined length of the fletching shall not be less than 12 inches for men and 10-1/2 inches for Women and Intermediates. Each feather or vane shall not be less than 7/16 inch in height, measured from it's base to crown. Feathers and Vanes must retain their parabolic or straight shape.
7. Broadheads must not pass through a 7/8 inch ring and must have at least two cutting edges, each not being less than 3/4 inches in length. Broadheads must be commercially manufactured and shall not be altered in any way.

H. **Safety: EQUIPMENT DEEMED UNSAFE BY THE CONTEST BOARD WILL BE DISALLOWED.**

Rulon I. Hancock  
Chairman  
U.S. National Archery Association  
Flight Committee

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